

Bangalore Mirror

ON SUNDAY

TEMP Max 30 | Min 20 | Humidity 70%

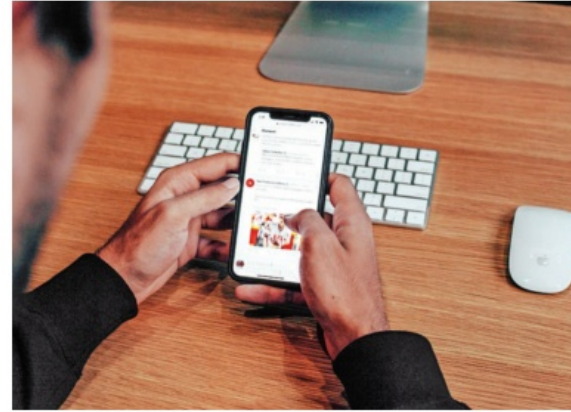
Partly Cloudy

Sensex 64,886 | Nifty 19,265 | Gold 58,740 | Silver 73,539 | Dollar 82.64 | Euro 89.29 | GBP 104.14

BROKEN WINGS

Exotic trees, wind turbines, mono plantations harming birds of Western Ghats

PAGE 2



FAKE OR BREAK

Stop online fake vitriol: Police all set to identify dubious info, punish culprits

PAGE 3

Water in 68 of city's 128 lakes unfit for drinking, even bathing after being treated; 40 lakes unsuitable for fisheries too

THE DIRTY TRUTH OF OUR LAKES

Entry of untreated sewage and industrial effluents major cause of pollution

| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Bengaluru's water bodies have been in a dreadful state for long now and it seems there is not even a slim chance of recovery in sight. According to the Karnataka State Pollution Control Board's recent water quality report, not even a single waterbody in the city falls into the category of Class A, B, and C. The board monitors 123 lakes in the city and while 68 lakes have been categorised under D making them unfit for drinking and bathing even after treatment, 40 lakes have been put under class E; water quality is not suitable even for fisheries.

However, the scenario is not the same elsewhere in the state. KSPCB monitors the water quality of 121 river stretches and 197 lakes across Karnataka. Out of 197 lakes, 123 lakes are in Bengaluru and 74 are outside Bengaluru. Out of 74 lakes, while the water quality of four lakes was categorised under Class B, 12 lakes were found to have water quality of Class C waterbodies. Only 15

CONTINUED ON PAGE 10 >>



PAGE 4:
Living
alongside
troubled
waters

“A good lake model to be emulated can be Jakkur Lake. The waterbody has a secondary treatment plant along with a wetland and an algal pond. Such an arrangement ensures water treatment at the tertiary level

— Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc)

Take it with a pinch of skywalks

As an afterthought, Bengaluru-Mysuru Road will get 24 skywalks to prevent accidents



| Sridhar.Vivan@timesgroup.com

TWEETS @sridharVMIRROR

The Bengaluru-Mysuru road will soon get 24 skywalks. Surprisingly, the National Highways Authority of India (NHAI) that had executed the project has thought of skywalks only after the road has come under scanner for a troubling number of accidents. Activists say that the skywalks should be part of the original design of the highway so that pedestrians can easily cross from one end of the 10-lane highway to another.

An NHAI official stated, “We have made a Detailed Project Report (DPR) for steel skywalks costing Rs 46.10 crore. The project will follow engineering procurement and construction mode. The chosen contractor will need to execute the project within a year and handle maintenance for the next five years. The skywalks will be 63 feet long and 3.5 metres wide, not affecting traffic movement below.” As an access-controlled highway, pedestrians faced challenges crossing the road, leading to hazards for pedestrians and fast-moving vehicles. Police conducted an audit and recommended skywalks.

CONTINUED ON PAGE 10 >>

3 THINGS TO DO



01 Rhythms and steps

Get ready to watch a dance showcase of 10 Middle Eastern Dance Styles in the city soon. Nrityakosh, an oriental and fusion belly dance school, presents 'Parikrama', which will bring forth the history, cultural significance, socio-political influences, and the music of unique dance styles. **Where:** Shoonya Centre for Arts and Somatic Practices, 4th Floor, Rear Wing, Brahmananda Court, 37, Lalbagh Main Road **When:** Saturday, September 2



02 Celebrate the best

Don't miss on booking the tickets of Comic Con India's 11 edition, set to happen in November this year. Comic Con India also announced passes for its fans with super-charged surprises. At the event, interact with characters, explore artist alleys, and join exclusive panels. **Where:** KTPO Trade Center, Whitefield **When:** November 17, 18 and 19; passes available at www.comicconindia.com

03 Acts in play

Watch an English play, Skewed, unfold at one of the most well-known theatre platforms in the city on Sunday. The play is presented by Fourth Wall Theatre and is directed by Mahesh SP. It is written by Mahesh SP, Vilok V



Kowsik, Arvindh S Kumar, and Gayathri Narayan. The music arrangement is done by Abhimanyu Bhupathi. **Where:** Jagriti Theatre, Whitefield; **When:** Today; 3:30 pm and 7:30 pm



Humour on sheets

Works of Indian cartoonist Jayanto Banerjee were exhibited on the occasion of 16th anniversary of Indian Cartoon Gallery. The exhibition was inaugurated by Chiranjeevi Singh

PIC: KAUSHIK JN

Wings of silence

Various human activities in fragile ecosystem of Western Ghats lead to lower diversity of birds, reveals report; trees like Wattle are now invasive

Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

Exotic trees such as Wattle, mono plantations of tea farms, and wind turbines installed at the mountaintop in the Western Ghats are proving to be harmful to the birds in the region. The State of India's Birds 2023 report released on Friday shows that these human activities in the fragile ecosystem have led to a lower richness and diversity of birds in the area.

The report further highlights that the endemic birds of the Western Ghats have rapidly declined over the past few decades. While the reasons behind this decline are not clear, some possibilities include declining forest habitat, a reduction in food such as insects within the rainforests, and perturbations in weather and phenology induced by climate change.

"We must diagnose the problem by investigating these and other possibilities in order to take direct steps to strengthen ongoing conservation efforts. In the high-altitude grasslands of the Western Ghats, some exotic trees like Wattle are now invasive, threatening the future of birds like Nilgiri Pipit," noted the report.

The population of Malabar Grey Hornbill in the evergreen forests of the Western Ghats has also recorded a decline of nearly 56% between 2004 and 2018-19, resulting in an uplisting of its red



The report highlights the reasons behind this decline in Western Ghats, including reduction in food such as insects within rainforests; a Malabar Grey Hornbill (left) and a Nilgiri Pipit (below)



list category to vulnerable. The bird species are sensitive to disturbance due to their large size and peculiar nesting behaviour and have suffered rapid declines in many parts of their range.

According to the report, rainforest insectivore specialists were found to be absent from tea plantations in the Western Ghats area. It also underlines that the wind turbines installed on the Western Ghats mountaintops have put large bird species at risk. The power lines increasingly criss-crossing open habitats pose additional hazards for many birds.

A wide range of bird species are known to be killed by collisions with wind turbines. The species most at risk appear to be large-bodied birds,

“We must diagnose the problem by investigating these and other possibilities in order to take direct steps

— the report

such as storks, bustards, cranes, vultures, and eagles, but other smaller species suffer collisions too.

"In the Western Ghats of Karnataka and Maharashtra, most victims are land birds such as Bonelli's Eagle, Changeable Hawk Eagle, Black Kite, Red-rumped Swallow, Dusky Crag Martin, Little Swift, and Indian Pitta.

Across habitats in all three states that were studied (Karnataka, Maharashtra, and Gujarat), raptors showed particularly concerning signs.



Such mortality, combined with birds avoiding wind turbines, is the likely reason why turbine areas show lower richness and diversity of birds compared with adjacent control areas. Raptor density has also been found to be lower near wind turbines, leading to cascading effects down the food chain," said the report.

The report has also listed the top four bird species of highest conservation priority in Karnataka based on multiple factors. These include the Malabar Grey Hornbill, Yellow-throated Bulbul, Nilgiri Sholakili, and White-bellied Blue Flycatcher.

Fake news busters

Finally, city police is all set to launch cell to identify fake news and punish culprits spreading it

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TWEETS @BangaloreMIRROR

Everything has been set up to stop the online dissemination of fake news. The Bengaluru city police is all ready to establish a new cell that will identify fake news and also punish those who are spreading it.

Police commissioner B Dayananda has said that police officers in each police division are being trained in how to identify fake news and also in how to deal with cyber-crime.

"Two experts will be appointed in each police station in the city. Technical experts will be appointed and action will be taken against the culprits. Staff members have been advised to keep an eye on social media. All station staff have been instructed to take action against those spreading fake news. Strict action will be taken against those who make derogatory posts on social



media and those who endanger law and order," said the police.

Experts say this step is the need of the hour. "The IT Rules (2021) were introduced to control and regulate intermediaries. Now, any news being posted online makes that particular website an intermediary. The

main purpose was to control the regulation of fake news, sensationalism, which might incite violence or threaten the national security and sovereignty of the country. There are multiple instances where a fake news or news altered in such a way that targets a particular religion, caste or com-

munity has led to multiple outrageous events throughout the city, and country at large," said advocate Supriya Mehta.

She added as per the IT Rules 2021, media houses are supposed to self-regulate for dissemination of news and the same was elaborated further in the said rules. "But the practice mentioned in the rules have not been implemented by the news organisations and also the intermediary involved. The police making a special cell for discovering fake news is a good initiative considering the number of times dissemination of such news has disrupted the harmony of the country," she added.

This move comes after Chief Minister Siddaramaiah ordered police officers to take action against the state's sources of fake news. He also cautioned that this activity would rise before the Lok Sabha elections. The IT-BT department has started work on developing standard operating procedures (SOP) to recognise fake information on the internet.

Gas trouble: 2 cylinder thieves detained

Two persons were detained by police on suspicion of repeatedly stealing LPG gas cylinders from various locations throughout the city. The police claimed that the accused, Lokesh and Hemant, were active in a number of locations, including Govindraja Nagar, Rajaji Nagar, Kamakshi Palya, Magadi Road, and others.

They would scout the target area on a motorbike. After deciding on their target, the pair took the LPG cylinders that were outside homes.

As many as 20 stolen LPG cylinders were seized from

the pair by the Govindraja Nagar police after their arrest.

One of the suspects, Lokesh, was previously imprisoned for stealing cylinders. He was instructed by the authorities to give up his habits and start over once he was released.

Lokesh, however, immediately after leaving, contacted one of his buddies, Hemant, and started plotting with him to continue stealing LPG cylinders. The registration numbers on the motorcycles and CCTV footage from the neighbourhood helped police find and apprehend the pair.

Bars in CBD area raided

The Central division of Bengaluru police conducted a raid on several bars in the Central Business District, and 20 complaints for various offences were filed on Friday night.

According to R Srinivas Gowda, Deputy Commissioner of Police, Bengaluru Central, 13 cases had been filed against commercial establishments that remained

open past 1 am under the Karnataka Police Act. Under the Immoral Traffic (Prevention) Act, a case was filed against a hotel management, and the police were able to rescue a foreign national as well. In addition, the police filed five complaints under Section 291 of the IPC that deals with public nuisances that persist despite court orders to stop.

VK STREET SAMBHRAMA Reclaim your street today



File photo of the previous edition of the VK Street Sambhrama that saw enthusiastic participation from citizens



opportunity to recapture the spirit of those days as we come together to reclaim our streets this Sunday."

The event is being organised by Vijay Karnataka and Bangalore Mirror, in collaboration with BBMP (Bruhat

Bengaluru Mahanagara Palike) and the City police. Numerous housing societies, non-governmental organizations (NGOs), and other groups have lent their support to this initiative. Notably, not only the local residents but also individuals resid-

ing nearby are eagerly planning to participate in this unique program, which aims to give back busy streets to the community.

The VK Street Sambhrama will feature a lineup of diverse activities, including a slow cycle race, tug of war, yogasana sessions, and pottery making. Distinguished guests, Bengaluru South MLA M Krishnappa and former Uttarahalli corporator Hanumantaiah, will grace the event as chief guests. Residents, families, and friends are encouraged to mark their calendars for this Sunday to transform it into a fun-filled day by actively taking part in this program. Importantly, admission to the event is absolutely free, making it accessible to all who wish to join in the festivities.

— Prakash VL

Event Details

Venue:

Jayanagar Housing Society layout, Gubblala-Turahalli main road, near Pratyangira Temple, Bengaluru 61

Time:

8 AM to 12 noon
Entry: Free

ಅತ್ಯಾಕರ್ಷಕ FRANCHISE ಬಿಜಿನೆಸ್

(ಸ್ಕೂಲ್ ಮ್ಯಾನ್‌ಜೆಮೆಂಟ್ ಗಳ ಜತೆ ಗುತ್ತಿಗೆ ಹೊಂದಿರುವವರಿಗೆ ಮಾತ್ರ)

ಒಂದು ಬಾರಿಯ ಹೂಡಿಕೆ
(ರೂ.5 ಲಕ್ಷ)

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Rules being flexed

BBMP starts drive to remove illegal flexes in Mahadevapura zone; most of these banners are made from non-biodegradable materials like plastic

Iffath Fathima
Iffath.Fathima@timesgroup.com

TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has been carrying out a drive for the removal of unauthorised flex or banners in the Mahadevapura zone. The number of complaints about the increase in the installation of illegal flexes has increased, and the officials have started taking action against them.

Starting in August and continuing until now, over 90 complaints have been filed against illegal flexes, with 86 FIRs filed by the BBMP officials.

In the Horamavu subdivision under wards 25, 26, and 51, BBMP filed 15 complaints, followed by 16 complaints in the HAL division, which constituted wards 56, 81, and 87. The KR Puram subdivision covered wards 52, 53, and 55, wherein 12 complaints were filed. And Hoodi division, covering wards 54, 82, and 85, had 15 complaints. In the Whitefield division, under the 83, 84, and 149 wards, over 12 complaints were filed. And in the Marathahalli division, wards 86 and 150, the BBMP filed 20 complaints.

The total fine collected until August 22 was Rs 3,13,300. Wards like Marathahalli and Garudacharpalya reported more incidents of illegal flexes being installed. On August 21, the number of cases filed in Marathahalli was seven near the HAL main road, with a fine collected of Rs 52,000. In Garudacharpalya, with over four cases reported, an amount of Rs 25,000 was collected.

Most of the illegal flexes or banners were installed in localities like



Over the years, the city has grappled with issues of illegal flexes being hung at various parts of main roads and interiors; moreover, improperly installed banners can pose safety risks

Tulasi Theatre Road, NRI Layout, Basavanapura Main Road, Narayanapura Main Road, AECS Layout, HAL Main Road, Kalkere Main Road, and others.

A large number of people have raised petitions in the past to stop the illegal installation of flexes or banners. Many of these banners are said to be made from non-biodegradable materials like plastic and vinyl, contributing to plastic waste and environmental pollution.

Apart from this, improperly installed banners can pose safety risks by obstructing road signs, traffic signals, and pedestrians' lines of sight,

“We are glad that BBMP is taking action against illegal flexes. We hope this drive continues until Mahadevapura becomes free from installations” — a resident

leading to accidents.

Dr Dakshayini K, Joint Commissioner, Mahadevapura, said, “The implementation of fines on illegal flexes is a necessary step in curbing this rampant issue. Our primary

objective, though, extends beyond mere penalisation. We also want to create education and awareness. By imposing fines, we hope to send a strong message to those who flout regulations, compelling them to recognise the consequences of their actions.”

A resident expressed his satisfaction, stating, “We are glad that BBMP is taking action against illegal flexes. These banners not only create visual pollution but also contribute to environmental issues. We hope this drive continues until Mahadevapura becomes free from such unsightly installations.”

Sinking concerns: Urban water woes

A study conducted on the perception of ecosystem services provided by lakes shows that Bengalureans, unanimously, are troubled by issues such as unpleasant odours from lakes caused by the dumping of waste, including animal carcasses, the discharge of sewage into the water bodies, open defecation, and low water quality.

Citizens, under a group of researchers from Azim Premji University, Bengaluru, the Indian Institute of Forest Management, Bhopal, the University of Kassel, the University of Göttingen in Germany, and the University of Natural Resources and Life Sciences in Austria, conducted a survey in the northern part (between Doddaballapur and Devanahalli) and southwest part (along Kanakapura Road, from the Vrishabhavathi water reservoir in the west to Bannerghatta National Park in the east) of the city. They also mentioned mosquito hazards as yet another challenge faced by those living in the vicinity of these water bodies.



The survey conducted among 536 residents along two urban-rural gradients about perceptions of ecosystem services from water-filled and dry lakes also showed that blue infrastructures provide various ecosystem services that benefit people, with regulating and cultural services standing out. Both water-filled and dry lakes proved important for the local people.

Overall, lakes were appreciated more for their capacity to supply regulating ecosystem services such as habitat maintenance and water

and air purification than for cultural and provisioning services such as sources of food, medicines, and irrigation. Moreover, the importance of water-filled and dry lakes changed across the rural-urban gradient. Water-filled lakes were appreciated more for their overall supply of ecosystem services in transitional areas than in rural and urban areas. Dry lakes, however, were appreciated mostly in rural areas.

“Rural lakes were valued significantly more for the provision of food, silt extraction, habitat main-

tenance, and natural hazard protection as compared to lakes located in transitional and urban areas. Lakes in transitional areas were appreciated more for their supply of irrigation water. Urban lakes were significantly more associated with unpleasant odours, waste dumping, and lower capacities to provide food as well as air or climate regulation and aesthetic values,” noted the researchers.

Citizens also underlined potential solutions to improve the quality of the water bodies, tackling most of these nuisances directly. Interestingly, civic engagement, partnerships, community management, and co-management have been advocated as solutions for urban lake protection in the literature. However, rather than promoting local agencies for improving lake conditions, many respondents expressed support for conventional environmental engineering measures.

The study was published in the Landscape and Urban Planning journal. — BMB

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Remove them

Mathikere



Construction material has obstructed 40% of the road, causing traffic congestion, particularly at night and during rain. The issue is on the 60 Feet Road, 1st Stage, 1st Phase, near Visvesvaraya Bank, Mathikere.

Wrongly placed

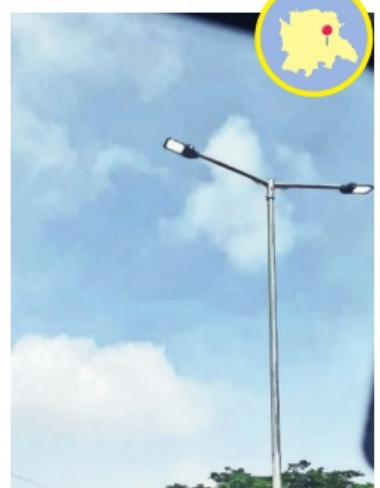
Nandini Layout



Bus stand boards placed at Nandini Layout bus stop on Outer Ring Road are located 50 feet away from the bus stop. This might encourage bus drivers to halt further from the stop.

Wasting electricity

Old Madras Road



Lights are illuminated throughout the day on Old Madras Road (opposite RMZ Icon) near Ulsoor Lake.



IN CINEMAS NOW



A LIGHTER BUDDHA PRODUCTION
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MAKE WAY FOR THE MAARI

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PRODUCED BY RAVI RAI KALASA LIGHTER BUDDHA FILMS COFFEE GANG STUDIOS BALAKRISHNA ARWANKAR
MUSIC & BACKGROUND SCORE MIDHUN MUKUNDAN DOP PRAVEEN SHRIYAN BASED ON STORY BY TK DAYANAND
PRODUCTION DESIGN ARSHAD NAKKOTH
MAKEUP RONEX XAVIER SOUND DESIGN SYNC CINEMA ACTION RAJASHEKARAN ARJUN RAAJ
EXECUTIVE PRODUCER SHAMIL BANGERA PRO SUDHEENDRA VENKATESH

NARTAKI

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4K DIGITAL 3D CINEMA

avitha
UFO 4K DIGITAL 2K CINEMA A/c

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SHANKARNAG
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NAVARANG

AVALAHALLI
VENKATESHWARA

J.P.NAGAR
SIDDHESHWARA

TAVAREKERE
BALAJI

PEENYA
BHARATHI

KAMALANAGAR
VEERABHADRESHWARA

GOWDANPALYA
SRINIVASA

SANJAYNAGAR
VAIBHAV

KONANKUNTE
MANASA

HONGASANDRA
BRUNDA

AGARA
TIRUMALA

CHIKKALSANDRA
BALAJI

MARATHHALLI
VINAYAKA

SUNKADAKATTE
MOHAN

RAJGOPALNAGAR
MARUTI

KADIRENAHALLI
MAHADESHWARA

VIDYAPEETACIRCLE
CHANDRODAYA

GARUDACHARPALYA
VIJAYALAKSHMI

SULTANPALYA
PUSHPANJALI

SARJAPUR
RAVI

BOMMANAHALLI
KRISHNA

DOMMASANDRA
BALAJI

GOTTIGERE
LAKSHMI

KODIGEHALLI
RAJ MURALI

GOLLARAHATTI
VENKATESHWARA

ULLALA
VAJRESHWARI

NAGAWARA
PRUTHVI

YESHWANTHPUR
ULLAS

MALLATHAHALLI
VR CINEMAS

YELAHANKA
PRAKASH

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VAINIDHI

KADUGUDI
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VEGACITY | SPIRIT
UPTOWN | GT | VR
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ENTIRE KARNATAKA RELEASE BY KVN PRODUCTIONS

STORY BEHIND THE PHOTO

A NATURAL ENGINEER

A male baya weaver on duty for nest building

The picture was clicked by BM reader Sunil Kumar PV



If you have a picture and a story to share, send us the picture with your name and number at mybangaloremirror@timesgroup.com

Navigating danger: Traffic rules ignored

ITPL Road and other surrounding roads turn chaotic due to regular traffic offenses, irking commuters

Commuters in the Whitefield area say the ITPL Road and other roads in the area have become a nightmare owing to rampant traffic violations. So much so that these stretches have become risk-prone zones for both pedestrians and drivers.

Traffic moving on the wrong side of the roads, footpaths encroached by vendors, and vehicles parked haphazardly are only some of the violations of traffic rules increasing in the area.

"I use ITPL Road every day to commute to work, and it is chaotic. The main issue on the stretch and other side roads in the area is vehicles taking the wrong

routes to avoid driving a few hundred metres. Even four-wheelers have been driving on the wrong side, posing a risk to commuters. I have witnessed many near misses on the stretch due to this issue," said Gururaj CS, a resident of the Whitefield area.

Locals say that almost at any time of the day, a row of vehicles driving in the wrong direction, blocking even the middle of the road, and causing a risk of accidents can be spotted. Footpath encroachment and illegal parking are also regular.

"The area has seen a lot of paying guest accommodation mushrooming in the recent past, leading to a higher volume of vehicular

traffic. With vehicles coming from both sides, crossing the road becomes a dangerous proposition. Moreover, the pedestrian walk is taken over by street vendors and hawkers. Many roads, such as part of ITPL Main Road, Swami Vivekananda Road, and GR Road, have become difficult for pedestrians to navigate. If we talk to the vendors, they threaten us. We are left with no other choice but to get down on the main road, subjecting ourselves to unpleasant incidents," said Vani Sri, a resident of Prithvi Layout in Whitefield.

Residents say the traffic violations in the area, such as on ITPL Road and Whitefield Main Road, are widespread. It is almost as if they have been normalised. People who commit these violations get aggressive and attack people who question them.

"It is a complete breakdown of the rule of law and management. Both the traffic police and the BBMP need to have tight enforcement, run a regular patrol, and drive along the length of this road multiple times a day, fining and punishing violators, especially during peak hours and at night," said Sandeep Anirudhan, convenor, Namma Whitefield.

— BMB



Experts say that traffic police need to have a regular patrol, and drive along the length of the road

DID YOU KNOW?



Blossom Book House, which remains one of the favourite bookstores for many in Bengaluru, was opened in 2001. This paradise was created by Mayi Gowda, a former engineer who had quit his job to start a bookstore on MG Road. The store is popular for offering books of different genres and languages like Kannada, English, Tamil, Telugu, Hindi, and more. It also sells second-hand books and is said to be one of the largest bookstores in the country to do so.

GET HEARD WITH
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Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bengalureans speak their mind

With the government suggesting carpooling as an effective way to combat traffic congestion, tell us your views on this mode of travel.



Nagabhushan, BM Reader

Carpooling in the long run may not be so effective as it might cause some discomfort among the concerned individuals. But as a short-term solution, it is effective as it can reduce pollution to some extent and might also reduce traffic in populous cities like Bengaluru.



Aanika Sridhar, BM Reader

Yes, I think it's good to carpool. Not only is it about reducing pollution and traffic jams, but it also helps increase socialising and is a good method to manage finances for students travelling from the same area.



Ajay Bhide, BM Reader

Carpooling is a good solution to fight against air pollution as it reduces the number of cars on major roads. It also decongests roads, allowing cars to travel faster.



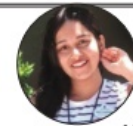
Amrita, BM Reader

Public transport, being the most efficient way, is sometimes not chosen by a lot of people because of the luxury given to them, and hence carpooling could be a better option.



Chaitrashree, BM Reader

Carpooling helps optimise the use of existing transportation infrastructure, making it more efficient and reducing the overall carbon footprint. Additionally, carpooling helps to conserve energy resources.



Meghana, BM Reader

Carpooling helps reduce the parking hassle. It's wonderful that Uber and Ola have also come up with carpooling, which saves a lot of money not only on fuel but also for people who spend excess money to travel every single day.

SPEAK TO US

What do you think of the rules in Cubbon Park- too interfering or much needed? If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

FEELING UNDER THE WEATHER NOW



Weather experts say coming month is when city and state can hope to catch up as far as rainfall shortage goes

September skies

The week ahead

| Melvin Mathew
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TWEETS @BangaloreMIRROR

After a dry spell, Bengaluru is likely to see scattered rainfall next week. However, as per the Indian Meteorological Department, only light rainfall is predicted for Bengaluru city but there won't be any widespread rainfall.

"The bulk of the rainfall for the season is over but usually the city sees the highest rainfall in September. There is scope for thundershowers in the next month. It's too early to say if we are seeing any deficit rainfall as there are still a few days left," said a senior IMD official.

Experts say that the change in rainfall patterns has affected agriculture as some of the reservoirs have not been replenished. In such cases, farmers have shifted to alternate forms of cultivation.

"Every year, the rainfall varies from the normal. Sometimes, it's above normal and sometimes, it's below normal. We cannot term such changes as climate change. Global warming is an undeniable factor leading to more thunderstorms," he added.

From June 1 to August 26, 2023, Bengaluru has seen 202.2 mm of rainfall against the normal rainfall of 259.5mm of rainfall. Surrounding areas of Chikkaballapura, Bengaluru Rural, Chamarajnagar, and Mysuru also saw rainfall below average.

Bengaluru rural saw rainfall of 189.2 mm of rainfall against the normal of 251.3 mm, Chikkaballapura saw 139.6 mm against the normal of 246.2 mm, Chamarajnagar saw rainfall of 159.2 mm against the normal of 203.2mm and Mysuru saw rainfall of 215.5 mm against the normal of 253.2mm. The lowest rainfall was observed in Mandya with 121.4 mm rainfall against the normal of 169.3 mm and the highest rainfall was seen in Udupi.

On an average, the temperature is going to hover around the maximum temperature of 31 C and minimum of 21 C. The forecast for the next five days is for a cloudy sky and light rain in a few areas.



| Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

With continuous rainfall in July, many were wondering when the rains would restart. However, with a majority of dry days in August and a scorching sun beating down on us, now many are rephrasing the question as to when will it rain? August has been a bad month for Karnataka in general and Bengaluru in particular due to poor rainfall due to El Nino influence. If we believe the weather experts, then September may bring hope in the form of rainfall.

According to updates from Namma Karnataka weather, "However, now there is hope in September. According to an update from Namma Karnataka weather tweets, the forecast is looking good and it's largely due to Madden-Julian oscillation (MJO) getting estab-

lished and positive Indian Ocean Dipole (IOD) in Arabian Sea. The India Meteorological Department (IMD) forecast for the next four weeks (Aug 25 to Sep 21) and it is looking good for Kerala and Karnataka from September 8 onwards. The second and third week forecast indicates above normal rains for coastal Karnataka and Malnad regions while normal rains for south interior (SIK) and north interior Karnataka (NIK). The forecast is probably expecting an active Arabian Sea and less active Bay of Bengal (BoB). Maybe you are expecting the atmosphere to start reacting to +IOD in the Arabian Sea. IOD is already at -0.8 and likely to increase further in the next two weeks. So would that lead to circulations in Arabian Sea and convergence over SIK and NIK resulting in showers for coast and interiors. The circulation over Arabian Sea might make the easterlies stronger and push the inland convergence further west on to the Deccan Plateau. Another scenario is circulation in south BoB below 12N. That can enhance the south

west monsoon surge over Kerala. But can that provide for inland convergence over the Deccan Plateau? Not so sure."

Big shortfall

Bengaluru Urban which had an excess rainfall in July has now a whopping 70% shortage. In July, Bengaluru Urban had received 84 mm of rainfall as against 79 mm of average rainfall. However, since August 1 till date, Bengaluru Urban was to receive 67.7 mm of rainfall but has received just 28.3 mm of rainfall. On the other hand, 182.9 mm of rainfall was to be received across Karnataka between August 1 to 24 but only 50.8 mm was received thereby making a 72% deficit of rainfall.

What's in store?

Meanwhile, according to Karnataka State Natural Disaster Monitoring Centre, the water storage is dipping as well. The Cauvery basin reservoirs have 66% of water storage with Harangi having 97%, Hemavathi 74%, KRS 51% and Kabini 75%. The Hydrel reservoirs have just 50% storage in the rainfall season. Linganamakki has 48%, Supa 55% and Varahi has a poor 33% storage. The Krishna basin is slightly better with 81% of water storage. Bhadra has 68% water storage, Tungabhadra has 77%, Ghataprabha 83%, Malaprabha 61%, Narayanapura 73% and only Almatti has 100% water storage.



The forecast is looking good and it's largely due to Madden-Julian oscillation (MJO) getting established and positive Indian Ocean Dipole in Arabian Sea

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In hot water

CONTINUED FROM PAGE 1

lakes outside Bengaluru were categorised under class E. Out of 121 river stretches, while 37 were put under Class B, the water quality of 61 river stretches was confirmed to be that of Class C category. As many as 18 fell under Class D and one was categorized under Class E.

Age of sewage

Experts say the bad state of Bengaluru lakes is due to the entry of untreated sewage and industrial effluents.

"Our lakes are loaded with untreated sewage and chemical effluents from industries. Unless we arrest the entry of these pollutants, the water quality will never improve to Class B or Class C. A good lake model to be emulated can be Jakkur Lake. The waterbody has a secondary treatment plant along with a wetland and an algal pond. Such an arrangement ensures water treatment at the tertiary level. All

Bengaluru lakes need such treatment," said Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc).

Spotlight on KSPCB

Ecologists also highlight the lack of pollution mitigation programmes by KSPCB. They opine the board should have strictly implemented the polluter pays principle long back and booked the industries polluting the water body.

"An effective implementation of this principle should happen as the first step towards abatement of water pollution. Industries and municipalities responsible for the situation should have been fined heavily," said a city-based environmentalist.

KSPCB monitors lake water quality under the National Water Quality Monitoring Programme and classifies the lakes as A, B, C, D, and E based on the parameters as per primary water quality criteria released by CPCB.

As per guidelines by the Central Pollution Control Board, the water quality is derived based on various parameters such as dissolved oxygen (DO) level, biological oxygen demand (BOD), fecal coliforms (FC), and total coliforms (TC). A waterbody with a DO level of less than 4 mg/L, BOD of more than 3 mg/L, FC of more than 2,500 MPN/100 mL, and TC of more than 5,000 MPN/100 mL are categorized under classes E and D.

Although the report has categorised many river stretches in the state under Class B and Class C, experts say the methodology used by KSPCB should be questioned.

"Many stretches have recorded good water quality probably because they are not receiving a lot of contaminants. KSPCB's monitoring stations along river stretches in Karnataka are highly inadequate. Looking at the locations of these stations, one gets the impression that these locations are selected strategically. These are the stretches not receiving a lot of pollutants. Stretches with higher degrees of pollution are not being monitored," said Dr Ramachandra.

Some good news for pedestrians

CONTINUED FROM PAGE 1

Accident hotspot

This move follows an increase in road accidents. In the last six months, Bengaluru-Mysuru road had 512 accidents, leading to 123 deaths and 585 injuries. On an average, this equals about 2.83 accidents, 3.23 injuries, and 0.68 deaths daily. Officials attribute the accidents to lack of lane discipline and speeding. An official said, "We have focused on lane discipline, where slow-moving vehicles must use the left lane. We've conducted awareness campaigns and placed warning signs. Police deployed interceptors and penalized speeding vehicles surpassing the 100 kmph speed limit."

A few weeks back, Alok Kumar, Additional Director General of Police for Traffic & Road Safety had shared images on social media of those vehicles speeding at 120 to 140 kmph, despite the 100 kmph limit. Interceptors are now being deployed to catch speeding vehicles and issue penalties.

Shiva Kumar, a frequent user of the road, shared his perspective, remarking,

New walkway at airport

The Kempegowda International Airport Bengaluru inaugurated the new elevated walkway connecting Terminal 1 to P4 parking. A release from the airport said, "The 420-metre walkway will help pedestrians who are either walking towards Terminal 1 or towards P4 parking and will have travelators (moving walkways), elevators and escalators."

"I find it perplexing that skywalks often seem to be an afterthought when constructing highways. A glance at roads like Hosur or Nelamangala reveals the scarcity of skywalks, and even the existing ones lack basic amenities like elevators or escalators. Considering the elevated placement of highway skywalks, elderly individuals or those with disabilities face significant hurdles in their usage. I believe that when preparing the highway's Detailed Project Report (DPR), it's crucial to integrate skywalks or pedestrian subways right from the outset. Additionally, provisions for escalators or elevators should be factored in."

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CHANGE OF NAME

I Sanjay Adavkar Ramchandra, Name Per Passport (L3535897) S/O, Ramchandra Adavkar R/o, D317 Trifecta Esplanade Belathur, Kumben Agrahara Road, Kadugodi-Bangalore-560067 have corrected my name to Sanjay Adavkar in the Passport, Vide Affidavit Dt: 25/08/2023 Sworn Before Notary K.S.Giridhar Bangalore-55

WE Mr. MOULANA and Mrs. ARSHIYA TAJ, Parents of Ms. ALMIRA ARSH M, We have Changed Her Name from Ms. UMAIZA to Ms. ALMIRA ARSH M for all Future Purpose.

I, Honey Karinashetty Basavaraju w/o Nagamalesh U M R/o B-102, RMZ latitude residential, Dasarahalli main Rd, Amruthnagar, Hebbal vill, Bengaluru 560024 have changed my name to Honey Karinashetty Basavaraj affidavit Dt.26/08/2023 notary Harisha G, B'luru

I, Veena Sridhar Laxmanasandra Chandrashekhara Rao Residing at No. 290, 8th Main, Nagendra Block, Banashankari 3rd Stage, Bengaluru 560050, have changed my minor son's name from SHREYAS DODDA KURUGODU SRIDHAR to SHREYAS RAO, vide affidavit dated 25.08.2023 Sworn before notary K S Nataraja, B'luru

I, Sarik Nathani R/o 14/16, 12th main, Gokula 1st stage, 1st phase, Yeshwanthapur Bengaluru 560022 have changed my minor daughter name from AQSA to AQSA SARIK NATHANI affidavit Dt.26/08/2023 notary Harisha G, B'luru

I, Imran Ulla Baig S/O Riyaz Ulla Baig NO 11 sagayapuram b'lor-84 have changed my name to Imran Ullah Baig for all purposes.

I, Shaili Jaydeepbhai Desai D/o Desai Jaydeepbhai M R/o 3633/A, 2nd Floor, Service road, 8th cross, HAL 2nd stage Bengaluru 560008 have changed my name to SHAILI DESAI affidavit Dt.26/08/2023 notary Harisha G, B'luru

I, Giri Thyagaraj Babu s/o Thyagaraj R/o #33, Thavarekere main road, Near LG food products, Bengaluru 560029 have changed my name to Giri Babu Thyagaraj affidavit Dt.26/08/2023 notary Harisha G, B'luru

I, NOORAMAHMED SHAIKH, R/o No 184, Bijapur Highway, Athani Sugar Plant, Navallihal, Belgavi 591234, have changed my name to N O O R A M A H M E D MEERASAB SHAIKH.

I, S. Rashmi R/o 52.2nd Stage, 4th Main Postal Colony, Sanjaynagar, B'lore-94 Changed My Name Rashmi. C.V to S.Rashmi for All Future Purposes.

I, Imran Ullah Baig Riyazulla S/o Riyaz Ulla Baig 11 Sagayapuram Pillanna Garden B'lor-84 have changed my name to Imran Ullah Baig for all purposes.

I, ZAHARA BEGUM, W/o Mir Sabir Hussain, R/at Alipur village, Gauribidanur Taluk, Chikkaballapur District, Karnataka have changed my Name to SYEDA ZAHARA BEGUM, vide affidavit dated 27.07.2023 before notary N.S Ashok Kumar, Gowribidanur.

KAUSHIK JN

A large crowd of people, many holding Indian tricolor flags, gathered around a black Range Rover SUV. Prime Minister Narendra Modi is visible in the vehicle, waving to the crowd. Security personnel in uniform are also present.

TWEETS @BangaloreMirror

PM Modi's visit to Bengaluru had a more substantial purpose – to engage with ISRO scientists involved in the Chandrayaan-3 mission to the Moon. Speaking to a gathered audience outside the HAL airport, he conveyed his desire to avoid imposing on the local leaders with early morning airport reception, given the uncertainty of his arrival time.

The anticipated mega roadshow was cancelled, causing disappointment among state leaders. The internal dynamics within the party also came into focus as the issue got further flared up. The Prime Minister's visit, aimed at celebrating ISRO's achievements, unexpectedly unraveled a series of political exchanges that highlighted the intricacies of power play as both the parties gear up to face each other for the next year's Lok Sabha polls.

BJP leader Ashoka accused Congress leaders of disregarding protocol and diminishing the significance of the event. In response, Shivakumar highlighted the official communication from the PMO stating that the CM, Deputy CM, and Governor should not receive the Prime Minister.



"THRILLER OF THE YEAR" - SUBHASH K JHA
"EXPLORING UNCONVENTIONAL TERRITORIES"
 - TIMES OF INDIA
"GRITTY DISPLAY OF HUMAN ENDURANCE"
 - PRESS TRUST OF INDIA





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 PRODUCED BY NINAD VAIDYA, NITIN VAIDYA, APARNA PADGAONKAR
 SHASHANT SHAH & VICKY SIDANA

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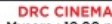












Forum Mall - Koramangala : 9.00 am & 7.45 pm | Orion Mall - Whitefield : 12.00 & 10.00 pm | Phoenix Market City : 10.30 am & 7.40 pm | Regalia Mall : 10.05 am & 3.35 pm | Vega City Mall : 10.00 am, 3.40 & 4.30 pm | Falcon City : 3.30 & 9.30 pm | Directors Cut, Forum Rex Walk : 10.15 pm | Forum Centre City - Mysuru : 4.00 pm | Fiza Mall - Magalore : 4.30 pm

Garuda Mall - Magrath Road : 1.00 pm | Mantri Square Mall- Brookfield: 10.25 pm | Central - JP Nagar | Garuda - Yelahanka : 12.40 pm | SBR Horizon : 1.10 pm | Orchid Mall - Gulbarga : 1.00 pm | Chandan - Belgaum : 1.05 pm

ETA Namma Mall - Binneypet : 4.20 pm
Royal Meenakshi - Bannerhatta Road : 7.20 pm | Nexus Shantiniketan Mall - Whitefield : 4.35 pm | Lulu Mall - Rajajinagar : 1.10 pm

Innovation Mall : 12.00 Noon
Signature : 4.20 pm | Legacy : 5.00 pm

Mangalore : 12.45 pm
Manipal: 2.30 pm

Sunkadakatte 4.05 pm

DRC CINEMA
Mysore : 10.00 pm

Devangere : 12.00 Noon
Bellary : 4.00 pm

Crew makes the cut

4 astronauts from 4 countries head towards International Space Station

Four astronauts from four countries rocketed toward the International Space Station on Saturday. They should reach the orbiting lab in their SpaceX capsule Sunday, replacing four astronauts living up there since March.

A NASA astronaut was joined on the predawn liftoff from Kennedy Space Center by fliers from Denmark, Japan and Russia. They clasped one another's gloved hands upon reaching orbit.

It was the first US launch where every spacecraft seat was occupied by a different country — until now, NASA had always included two or three of its own on its SpaceX taxi flights. A fluke in timing led to the assignments, officials said.

"We're a united team with a common mission," NASA's Jasmin Moghbeli radioed from orbit. Added NASA's Ken Bowersox, space operations mission chief: "Boy, what a beautiful launch ... and with four international crew members, really an exciting thing to see."

Moghbeli, a Marine pilot serving as commander, is joined on the six-month mission by the European Space Agency's Andreas Mogensen, Japan's Satoshi Furukawa and Russia's Konstantin Borisov.

"To explore space, we need to do it together," the European Space Agency's director general, Josef Aschbacher, said minutes before liftoff. "Space is really global, and international cooperation is key."

Liftoff was delayed a day for additional data reviews of valves in the capsule's life-support system. The countdown almost was halted again Saturday after a tiny fuel leak cropped up in the capsule's thruster system



A SpaceX Falcon 9 rocket with the Crew Dragon spacecraft carrying NASA's SpaceX Crew-7 mission lifts off from Launch Complex 39A at the Kennedy Space Center on August 26, 2023 in Cape Canaveral, Florida

The astronauts' paths to space couldn't be more different.

Moghbeli's parents fled Iran during the 1979 revolution. Born in Germany and raised on New York's Long Island, she joined the Marines and flew attack helicopters in Afghanistan. The first-time space traveler hopes to show Iranian girls that they, too, can aim high. "Belief in yourself is something really powerful," she said before the flight.

Mogensen worked on oil rigs off the West African coast after getting an engineering degree. He told people puzzled by his job choice that "in the future we would need drillers in space" like Bruce Willis' character in the killer asteroid film "Armageddon." He's convinced the rig experience led to his selection as Denmark's first astronaut.

Furukawa spent a decade as a surgeon before making Japan's astronaut cut. Like Mogensen, he's visited the station before.

Borisov, a space rookie, turned to engineering after studying business. He runs a freediving school in Moscow and judges the sport, in which divers shun oxygen tanks and hold their breath underwater.

One of the perks of an international crew, they noted, is the food. Among the delicacies soaring: Persian herbed stew, Danish chocolate and Japanese mackerel.

SpaceX's first-stage booster returned to Cape Canaveral several minutes after liftoff, an extra treat for the thousands of spectators gathered in the early-morning darkness.

Liftoff was delayed a day for

additional data reviews of valves in the capsule's life-support system. The countdown almost was halted again Saturday after a tiny fuel leak cropped up in the capsule's thruster system. SpaceX engineers managed to verify the leak would pose no threat with barely two minutes remaining on the clock, said Benji Reed, the company's senior director for human spaceflight.

Another NASA astronaut will launch to the station from Kazakhstan in mid-September under a barter agreement, along with two Russians.

SpaceX has now launched eight crews for NASA. Boeing was hired at the same time nearly a decade ago, but has yet to fly astronauts. Its crew capsule is grounded until 2024 by parachute and other issues. **AP**

News publications block OpenAI from accessing their content

Several top new publications like The New York Times, CNN and the Australian Broadcasting Corporation (ABC) have blocked Microsoft-backed OpenAI to access their content to train its AI models.

The NYT blocked OpenAI's web crawler, meaning that the Sam Altman-run company can't use content from the publication to train its AI models, reports The Verge. OpenAI's web crawler called GPTBot may scan web pages to

help improve its AI models.

"Allowing GPTBot to access your site can help AI models become more accurate and improve their general capabilities and safety," according to OpenAI.

The NYT updated its terms of service at the beginning of this month to prohibit the use of its content to train AI models.

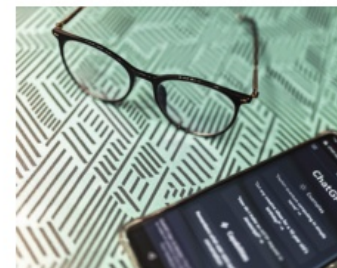
CNN confirmed to Guardian Australia that it blocked GPTBot across its digital assets.

Some other news publications

like the Chicago Tribune and Australian Community Media (ACM) brands have also reportedly blocked OpenAI's web crawler.

The NYT is also exploring legal options whether to sue Microsoft-backed OpenAI and protect the intellectual property rights associated with its reporting.

The publication and OpenAI are in tense negotiations over reaching a licensing deal in which OpenAI would pay NYT for incorporating its stories in its artificial intelli-



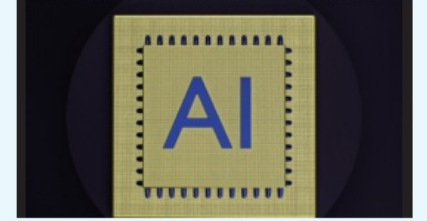
gence (AI) tools, NPR reported.

However, the discussions "have become so contentious that the paper is now considering legal action".

A lawsuit against OpenAI would set up the most high-profile legal battle yet over copyright protection in the generative AI era. **IANs**

BITS & BYTES

RIVALS ON THE SCENE



Chinese internet giant Alibaba has launched new artificial intelligence (AI) models that can understand images and perform more complex conversations.

The two new models, called Qwen-VL and Qwen-VL-Chat, will be open source for researchers, academics and companies worldwide, reports CNBC. Alibaba said that Qwen-VL can respond to open-ended queries related to different images and generate picture captions. Qwen-VL-Chat caters to more "complex interaction," according to Alibaba, including writing stories and creating images. **IANs**

PARENTAL CAUTION



According to a survey in the US, two issues are rising to the top of their parents' concerns as children return to school: the impact of social media and the internet on children's lives.

According to the University of Michigan Health C.S. Mott Children's Hospital National Poll on Children's Health, more than half of parents identify mental health issues as their top health worry for their children and teens.

Overall, mental health and technology use topped this year's top ten list of parent concerns about health-related issues for children in the United States, surpassing childhood obesity, which parents regarded as the top children's health issue a decade ago. **ANI**

READ IT OUT LOUD



Google is reportedly experimenting with a text-to-speech feature for Chrome's reading mode on the desktop which will read articles for users.

As per X user Leoepva64, the feature can be found in Chrome Canary, Google's bleeding edge version of Chrome, reports The Verge. "Chrome for desktop will also have the option to 'read aloud' articles, the initial implementation of this feature (in the Canary version) is basic but it works, in this link you can see a video with the feature in action," Leoepva64 wrote in its post. If they have the feature, users can have Google read the text by clicking a play button at the top of an article in reading mode. **IANs**



With the start of a new school year comes the inevitable battle to get kids back into a healthy bedtime routine. In many cases, this likely means resetting boundaries on screen use, especially late in the evenings. But imposing and enforcing those rules can be easier said than done.

A growing body of research is finding strong links between sleep, mental health and screen time in teens and tweens – the term for pre-adolescent children around the ages of 10 to 12. Amid an unprecedented mental health crisis in which some 42% of adolescents in the US are suffering from mental health issues, teens are also getting too little sleep.

And it is a vicious cycle: Both a lack of sleep and the heightened activity involved in the consumption of social media and video games before bedtime can exacerbate or even trigger anxiety and depression that warrant intervention.

I am the lead physician of the sleep center at Seattle Children's Hospital, where I study various pediatric sleep disorders. Our team of physicians and providers routinely observe firsthand the negative effects of excessive screen time, and particularly social media, both of which affect not only sleep, but also the physical and mental health of our patients.

Relationship between mental health and poor sleep

Research has long shown a clear relationship between mental health and sleep: Poor sleep can lead to poor mental health and vice versa. People with depression and anxiety commonly have insomnia, a condition in which people have trouble falling or staying asleep, or both, or getting refreshing sleep. That ongoing sleep deprivation further worsens the very depression and anxiety that caused the insomnia in the first place.

What's more, insomnia and poor-quality sleep may also blunt the benefits of therapy and medication. At its worst, chronic sleep deprivation increases the risk of suicide. One study found that just one hour less sleep during the week was associated with "significantly greater odds of feeling hopeless, seriously considering suicide, suicide attempts and substance use." And what do young people do when lying in bed awake, frustrated and unable to sleep? You guessed it – far too often, they get on their smart devices.

Studies across the world in over 120,000 youth ages 6 to 18 who engage in any sort of social media have repeatedly shown worsened quality and decreased quantity of sleep. This is happening across the globe, not just in the U.S.

Pull of screens

Although social media has some benefits, I believe research makes it clear that there are significantly more downsides to social media consumption than upsides.

Sleep tight



Paediatric sleep expert explains how critical sleep is to kids' mental health

For one, scrolling social media requires being awake, and hence, displaces sleep.

Second, the light emitted from most hand-held devices, even with a night filter, a blue light filter or both, is enough to decrease levels of melatonin, the primary hormone that signals the onset of sleep.

When melatonin release is inhibited by staring at a lit device near bedtime, falling asleep becomes more challenging. For some people, melatonin supplements can help with inducing sleep. However, supplements cannot overcome the highly stimulating powers of internet content and light.

Third, and perhaps most problematic, is the content that young people are consuming. Taking in fast-paced imagery like that found on TikTok or video games before bedtime is disruptive because the brain and body are highly stimulated by these exposures, and require time to settle back into a state that is conducive to sleep.

But it's not just the speed of the imagery flitting by. Media content can disrupt both nondream and dream sleep. Have you ever fallen asleep watching a disturbing thriller or a horror movie and had

scenes from that movie enter your dreams? And it's not just dreams that are affected – the brain also may not sustain deep nondream sleep since it is still processing those fast-paced images. These intrusions in your sleep can be very disruptive to overall quality and quantity of sleep.

Worst of all, social media can contribute to FOMO – short for the fear of missing out. This can occur when a teen becomes

enmeshed with an influencer through posts that are cultivated to reflect unrealistic perfection, not reality. In addition, research has found a clear link between social media consumption and poor body image in kids and teens, as well as overall worse mental health and worsened sleep problems. These issues are troubling enough that in May 2023, the surgeon general issued a statement warning of the dangers of social media and encouraging caregivers, teachers and policymakers to work together to create a safer online environment.

Chronic sleep issue

Making sleep a high priority is a cornerstone of overall health and mental health, and it is also key to staying alert and attentive during

the school day.

Multiple professional medical and scientific organisations have recommended that teens sleep eight to 10 hours per night. But only 1 in 5 high schoolers come close to that.

Some of this is due to school start times that don't align with the natural rhythms of most teens, so they don't fall asleep early enough on weekdays.

Teens who don't get enough sleep may suffer from weak academic performance, a lack of organisational skills and mediocre decision-making. Teens don't have fully formed frontal lobes, the part of the brain that controls impulse and judgment. Sleep deprivation further impairs those behaviors. This, in turn, may lead to poor decisions regarding drug and alcohol use, driving under the influence, sexual promiscuity, fighting or the use of weapons, and more. And these behaviours can start in middle school, if not earlier.

In addition, sleep deprivation is directly linked with high blood pressure, heart attacks and the development of diabetes in adulthood. Lack of adequate sleep is also linked with childhood and adolescent obesity. Undesired weight gain occurs with sleep deprivation though a series of complex mechanisms, including shifts in metabolism, a more sedentary lifestyle and poor dietary choices.

A way forward

So what can be done to pry teens and tweens away from their screens? Keeping goals realistic is key, and sometimes it is helpful to start by focusing on just one goal.

Parents need to prioritize sleep for the entire household and model good screen time habits. Caregivers too often send mixed messages around screen time use, given their own bad habits.

Ultimately, parents and caregivers need to recognize the warning signs of sleep deprivation and progressive mood and anxiety disorders. Seek professional help for disordered sleep, troubled mental health or both, keeping in mind that finding mental health professionals can take time.

When it comes to digital media, the American Academy of Pediatrics recommends avoiding screens for at least an hour before going to bed and not sleeping with devices in the bedroom.

For older kids who have homework to do online, avoiding screen use right before bedtime can feel next to impossible. What's more, this rule tends to lead to covert use of electronic devices.

So if one hour before bedtime is too stringent, then start by avoiding media for even 15 or 30 minutes prior to going to sleep. Or if some media is needed as a compromise, try watching something passive, like TV, rather than engaging in social media apps like Snapchat.

Remember that not everything has to be done all at once – incremental changes can make a big difference over time.

(Maida Lynn Chen, University of Washington, The Conversation)



All you need to know about...

Young-age smoking

Cigarette buying age

Researchers have urged governments to raise the legal age to buy cigarettes to 22 years or higher as a new study has found it becomes less addictive and easier to quit as people get older. The legal age to purchase tobacco is 18 years old in many countries but in some there are no age restrictions.

The first time

It is estimated that nearly 9 out of 10 adults who smoke cigarettes daily first try smoking by age 18, and 99 per cent first try smoking by age 26.

Results showed that starting smoking early is linked with higher nicotine dependency, even in young adulthood, and early starters were 30 per cent less likely to quit the habit compared with late starters.

Reduce addiction

"The study indicates that increasing the legal age to buy tobacco to 22 years or older could lead to a reduction in the number of people addicted to nicotine and at risk of adverse health consequences," said study author Dr Koji Hasegawa of the National Hospital Organisation Kyoto Medical Center, Kyoto, Japan.

Study

This study examined the relationship between the age of smoking initiation, nicotine dependence and smoking cessation.

Early starters

Early starters reported a higher number of cigarettes per day (25) compared with late starters, who smoked 22 cigarettes per day. Those who started early had higher respiratory carbon monoxide levels compared with those who started late. Less than half of early starters (46 per cent) successfully quit smoking compared with 56 per cent of late starters, indicating that early starters were 30 per cent less likely to successfully kick the habit compared with late starters, said the study. –IANS

How many revolution does a bicycle wheel of diameter 70 cm make in travelling 110 m?

Sunday, August 27, 2023

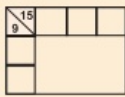
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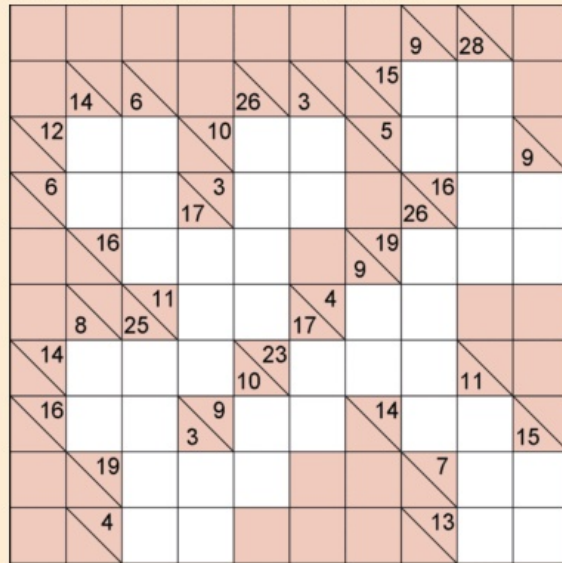
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

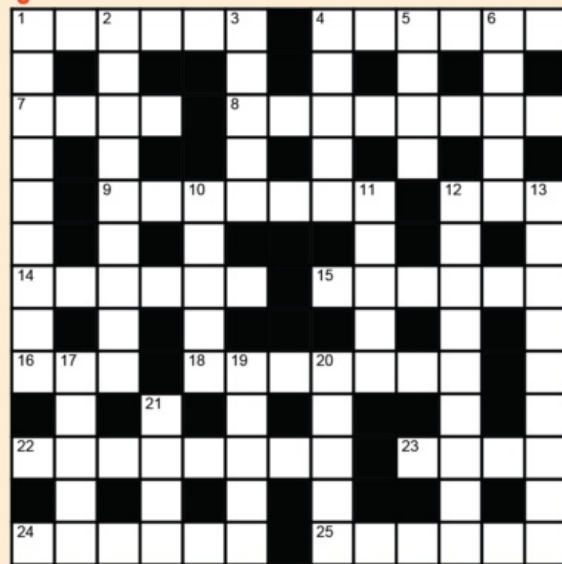


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Stylish; sprightly (6)
- 4 Jacket for a sailor (6)
- 7 Talks noisily or foolishly (4)
- 8 Length or extent; coolness? (8)
- 9 Lean back (7)
- 12 Bend in a pipe (3)
- 14 Happily or willingly (6)
- 15 Go after (6)
- 16 Fish eggs (3)
- 18 Gulp down (7)
- 22 Painted in dots (8)
- 23 Travel permit (4)
- 24 Swaps, deals in (6)
- 25 Await (6)

DOWN

- 1 Area home to the City Central Library (9)
- 2 Capital letters (5,4)
- 3 Sing partly falsetto (5)
- 4 Gone up (5)
- 5 Flair or zest (4)
- 6 Surpass (5)
- 10 ___ names : abuses? (5)
- 11 At the same level (5)
- 12 Former or previous (9)
- 13 Be patiently on the spot and be on the spot to attack? (3,2,4)
- 17 External (5)
- 19 Water holes (5)
- 20 Soup server (5)
- 21 Apple's tablet (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS W
FD MLE HDL TE VJMR QTVG
FKOD FGTCO, HKZZHD QTVG
FKODMTLMSO, LEC HDOO QTVG
FKOD PJIO.



Linemaro

No matter where I go, I can find my way back to you, because you are my compass star



Mindchow

A healthy attitude is contagious, but don't wait to catch it; be a carrier



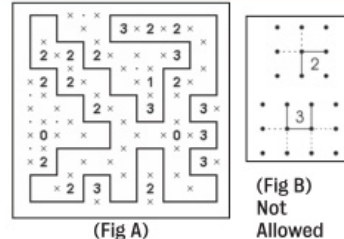
Joke of the day

The man who invented the door knocker deserves the no-bell prize

Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



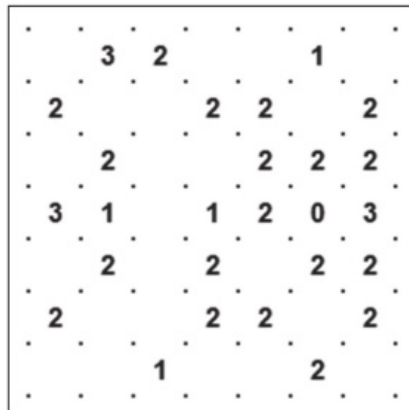
(Fig A)

(Fig B)
Not Allowed

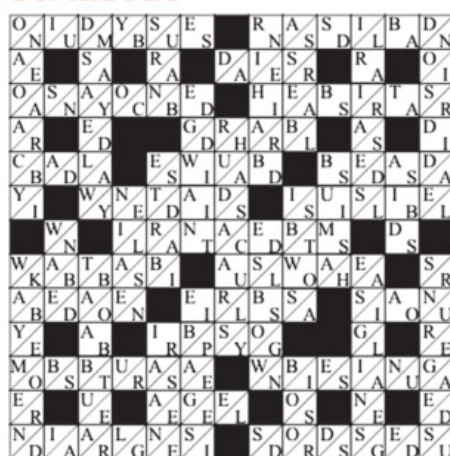
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



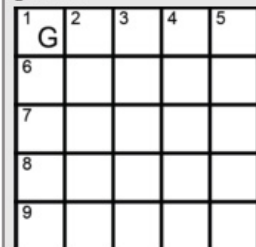
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

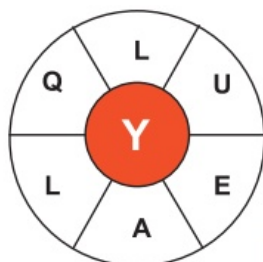
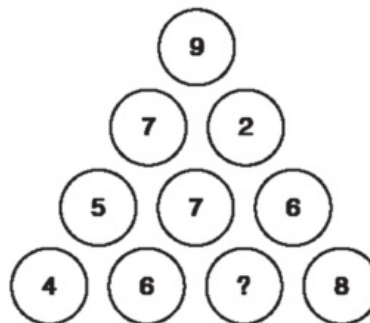
- 1 Slags; 6 A rant;
- 7 I Lobo; 8 Or pol;
- 9 Small

DOWN

- 1 Mr Goo; 2 L Arab;
- 3 To all; 4 Ollas;
- 5 Spins

Mensapuzzle

What number should replace the question mark?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 2

1 2 6 7

Medium

□ □ □ □ □ = 12

2 2 6 6

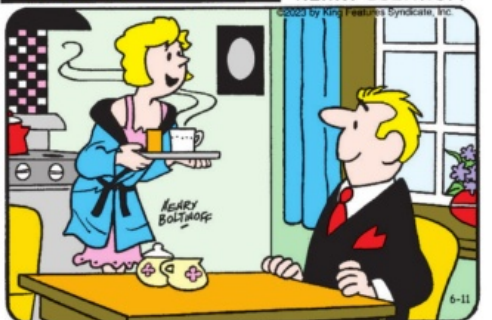
Hard

□ □ □ □ □ = 3

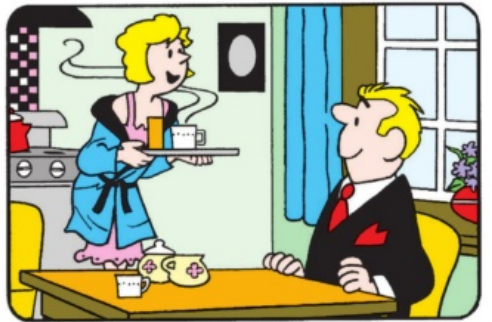
2 8 9 7

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Nose is smaller. 2. Tray is longer. 3. Cup handle is different. 4. Cup is on table. 5. Row of tiles is missing. 6. Glass is taller.

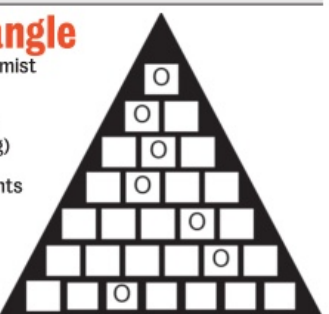
Riddler

I have three sisters, and all of us are mothers. My sister Kay has two nephews and three nieces. My sister Jane has one nephew and three nieces. My sister Belle has one nephew and five nieces. I have one daughter. How many nephews and nieces do I have?

Alpha triangle

- 1 Oxygen for the chemist
- 2 Not off
- 3 Male child
- 4 Charged particles
- 5 Cheap wines (slang)
- 6 Ability to see
- 7 Stringed instruments

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

The BETTER HALF

by GLASBERGEN

Featuring
HARRIET
STANLEY
PARKER

"Frying bacon does not count as a 'fat-burning exercise'."



"If I put an English muffin in my CD recorder, I can put data on my food and get smarter just by eating!"



"You know you're getting older when you hear a bunch of great new songs...on the Oldies Station."

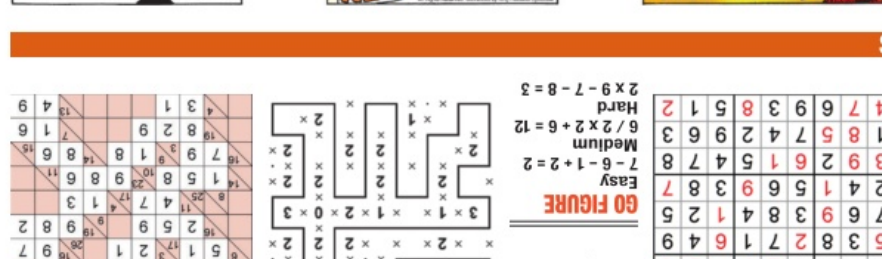
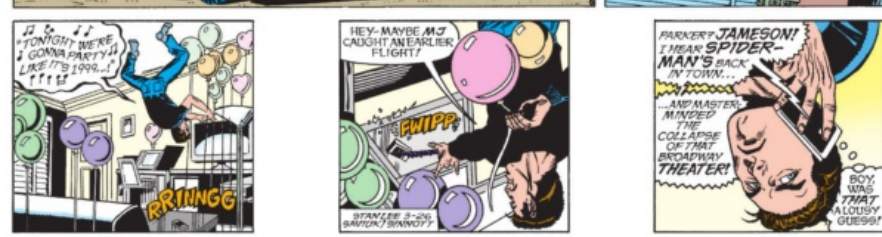


"My husband loves the 'Baywatch' girls. Got anything that will make me smell like seaweed?"

"You need to cut down on sweets. That mole on your back is made of chocolate."

BABY BLUES

BY RICK KIRKMAN & JERRY SCOTT



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you may be happy. You are likely to plan for overseas work related travel, which will increase your business in near future. Spending money on luxury stuff may improve your lifestyle. But you are advised not to drive yourself towards glamour or addictions; it may affect your financial health.



Leo Jul 24 - Aug 23

Today job seekers may get a new job; there are chances of promotions in their current job. In the business, you may get new clients, which will be helpful in growth in terms of profits. Singles are likely to find their good match. In domestic life, you must avoid hiding anything from your spouse, otherwise it will create some distance between your relationship.



Sagittarius Nov 23 - Dec 22

Today you may have mental peace. You are likely to be busy with friends and family. You may enjoy your domestic life; it may increase understanding with your spouse. There is a new partnership in your business. New innovations may help your business to grow. Disputes in the partnerships may be resolved now.



Taurus Apr 21 - May 20

Today you advised to control your way of speaking; your harsh speaking may affect your family harmony. You may spend your hard earned money in buying some worthless stuff to maintain your social status; it is advised to not to keep your money loose in the pocket.



Virgo Aug 24 - Sep 23

Today is a day of success in terms of profession. Your plans are now going to give positive results in terms of profits. There may be good news related to your past investments in terms of gains. Your creativity may help you to improve your professional skills. Job seekers are likely to get a suitable job. Students may have good focus after self analysis. You may be able to understand the feelings of your spouse.



Capricorn Dec 23 - Jan 20

Today your good health may make you happy. Your health related issues are now being resolved. You may control your worthless expenditures and new sources of income are likely to be opened, which may boost your financial health. Singles may find soul mates in the same community.



Gemini May 21 - Jun 21

Today you may be busy in kid career or extracurricular activities. You may take some advice from someone to choose career options. You may meet consultants or specialists also. You may also hear good news regarding kids' results. You may also invest some capital into your family business.



Libra Sep 24 - Oct 22

Today until afternoon, you may be upset. Afternoon onwards elders' blessings may protect you from this messy situation. Your willpower may help you to complete your delayed projects. It is advised to avoid arguments in domestic life. By the evening, you may have gains in terms of past investments.



Aquarius Jan 21 - Feb 19

Today the moon is positive. You may have some sort of energy; you may be able to perform at work efficiently. You may also help some needy person, which may create your prestige among people around you. You may spend your time studying intellectual stuff. You may also plan for higher study to groom your career.



Cancer Jun 22 - July 23

Today you must control your way of speaking, and shall be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to make investments in risky assets. You must avoid lending money to any one, it may not be recoverable easily. So it is advised to do meditation and yoga to come out from stress. Love birds are advised not to be involved in controversies. Students are advised to work hard.



Scorpio Oct 23 - Nov 22

Today the moon is not positive; there are chances that you may not feel well, you might have health issues. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasy and should work hard in their studies. You should also avoid rash driving.



Pisces Feb 20 - Mar 20

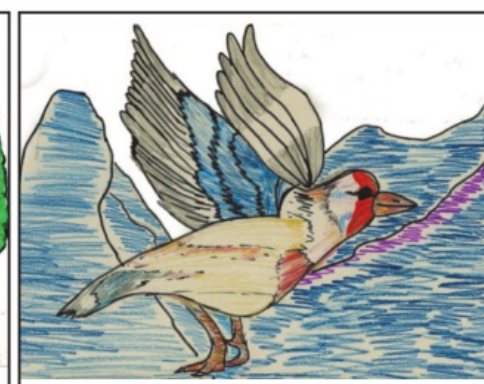
Today until evening, you may be impatient and have a lack of confidence, which may reflect into your way of working. Parent's health may make you upset. Kids' notorious behaviour may make you upset. You should try to focus yourself and try to avoid scattering your energy into many holes. Investments in risky assets are advised to avoid now.



KIDZONE



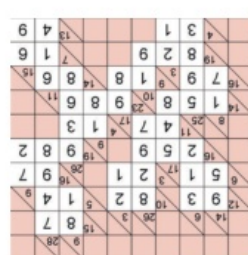
Prateek Tolani, 7 Years, Vibgyor High School



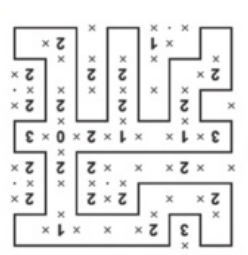
Tanay Sabharwal, 5 Years, Chrysalis High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

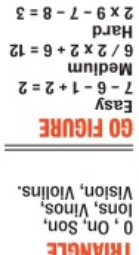
SOLUTIONS



KAKURO



LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



BULLS' EYE

SOLVE IN 1M

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